



Welcome to

STEP TOGETHER !

Hosted by the VA Puget Sound Healthcare System

8:45 am – 9:30 am – Program Registration

Sign-up for walks, visit information booths, health screenings and demonstrations, enjoy healthy snacks and beverages

9:30 am - Welcome & Opening Remarks

Timothy B. Williams, Director
VA Puget Sound Health Care System

9:35 am – VA and Healthier Veterans

Dennis M. Lewis, FACHE
Director, Northwest Network, VISN 20
US Department of Veterans Affairs

9:40 am – Remarks, Department of Health and Human Services

Patrick O'Carroll, MD, MPH
Regional Health Administrator, Region 10
US Department of Health and Human Services

9:45 am – Remarks, Department of Health and Human Services

Terry Duffin, MD, MPH
Program Development/Operations Coordinator, Administration on Aging
US Department of Health and Human Services

9:50 am – Remarks, King County

Laird Harris, Chair
STEPS to Health, King County Leadership Team

9:55 am – Closing Remarks

Timothy B. Williams

10:00 am – Let's Walk to Columbia City!

Pre-walk stretching led by Scott Ferris, VA Puget Sound

-- Eat Right – Live Right – Be Healthier ! --